

Student Spotlight:
Kristian Gregory-Lee demonstrates how to be a fun-loving leader Pg. 4



Featured Story
Outdoor Programs help students make connections to university life Pg. 8



Index

News.....1
GullStyle.....4
Sports.....8

THE FLYER

Vol. 37, Issue 25

Salisbury University's Preview Edition

June 2010

Salisbury University welcomes class of 2014

By Kristen Kazmarek
Assistant Dean for Student Success and Parent Programs

Welcome to Preview, the official start of your orientation program to Salisbury University! We are genuinely excited that you have chosen SU and our goal is to ease your transition to University Life. We know that becoming a college student is very exciting and presents many new challenges. There is so much for you to discover and that process begins now. Preview is an excellent time for you to meet other members of the class of 2014. You are all going through the same thing- so step out of your comfort zone and introduce yourself to several new people today. Your preview day is designed for you to get a sample of the academic, social and personal aspects of life

here at Salisbury.

By the end of your Preview day, our goal is for you to have engaged in an advising session and complete your Fall 2010 class schedule, interact with upper-class peer leaders about true life at SU, learn more about all the student support services that will help you succeed, and overall reduce your anxiety and tap into the excitement of starting this new chapter in your life.

Your orientation does not end when you have your class schedule in hand. Perhaps one of the most important things you can do to ease your transition to college is to create vital connections with the faculty, staff and definitely to other students as you make new friends. We continue to help you with this during the New

SEE Welcome, Pg. 2



Publications photo

Students show their school spirit at an SU athletic event. With options like the Outdoor Programs, sporting events, numerous student organizations and a wide range of support services, students have endless opportunities to become engaged in the SU community. Welcome new Sea Gulls!



Adrienne Price photo

The 2010-2011 SGA executive board, shown from left, are Hayley Efland, Kate Sisti, Christian Fazzini, Julia Glanz and Emma Lewis. (Not pictured: Breanna Nunez.) SGA is just one of the many organizations students can join to hone their leadership skills and get involved.

Student Activities offers unlimited opportunities

By Jennifer Blackwell
Director, Student Activities

You have probably heard people tell you to go to college and "get involved." But, what does this really mean? At Salisbury University, involvement means finding ways to enhance your Salisbury experience outside of the classroom. Academic achievement is your first priority; however, through participation in a student organization, membership in a social Greek fraternity or sorority, attendance at an on-campus event, or giving back to the local community through a service project, you will complement your academic experience - gaining valuable skills and mak-

ing you a well-rounded individual.

Why Should I Get Involved?

The best way to adjust to life at Salisbury University is to get involved. You are a valuable part of our community and involvement will help you garner relationships with peers, faculty, and administrators with a beneficial impact on your college success. Research indicates students who are involved at their university are more satisfied with their college experience, receive better grades, are more likely to stay in school, and are more marketable when job searching (Milem and

SEE Activities, Pg. 2

CSA expands Supplemental Instruction program

Flyer Staff Report

As SU prepares for its next incoming class, the Center for Student Achievement will be offering even more opportunities to enhance student learning. After a successful academic year piloting Supplemental Instruction, the CSA will introduce even more courses supporting the program.

While all classes present challenges, some courses are traditionally challenging for students, regardless of the means by which the class is taught. SI is a group learning enhancement program that targets historically difficult courses, fusing content with study strategy skills.

Classes are deemed historically difficult if the rates of D's and F's and withdrawals (W) are high. "The goal of the program is have fewer D's, F's and W's in these classes, to increase the retention rate and to have fewer students on academic probation and, after a year's worth of data, we can see that it's working," said CSA Director Dr. Heather Holmes.

Weekly review sessions are led by knowledgeable, engaging students called SI leaders, who have previously taken and excelled in the courses participating in the program. It is the SI leader's responsibility to facilitate discussions and add structure to the study sessions. Although SI leaders have successfully completed the course, they attend all classes again during the semester; staying

on par with the professors' lectures and the overall pace of instruction.

"We try to work as a group," said education major and SI leader Scott Bunting. "The program is reliant on me not answering questions but students working with each other, drawing information together."

SI leader and math major Tyler Wilkinson is also glad to lend a helping hand to students in the program.

"My favorite part about being an SI leader is helping people. It's a good feeling," he said. "I'm really thankful for the opportunity."

SI differs from traditional tutoring because it is held in a group

setting and synthesizes "what to learn" with "how to learn."

Each session is tailored to a certain course section and is based on lectures from that class. However, students from other sections of the course may still attend SI sessions.

"I would rather go to a [SI session] than to tutoring alone because I learn better in groups and the sessions go along with what you do in class," said junior Molly Erdman.

The SI program was established in 1973 by Dr. Deanna Martin from the University of Missouri - Kansas City (UMKC) in response

SEE SI, Pg. 2



R. L. Pusey photo

Supplemental Instruction leader Stephen Fleming conducts an SI Chemistry session. SI is a group learning enhancement program that targets historically difficult courses, fusing content with study strategy skills.

Outstanding SU Faculty

RateMyProfessors.com gives Ackerson an A+



Adrienne Price photo

Dr. Wayne Ackerson

Reprinted from March 30 edition

By Jacqueline Miller
Staff Writer

On his office door are his class schedule and two bumper stickers that read: "Don't Mess With Texas" and "God Bless America." As lead singer of a band and an aspiring play writer, he's not quite your average college history professor. And that's what makes him great.

The gift of teaching is a rarity and Dr. Wayne Ackerson has got it.

"I just kinda do what I do. I don't have any deep-rooted secret philosophy of teaching. I try to be personable, fair and interesting," Ackerson said. "I think students

like to see you're a normal person."

Recipient of the 2010 Faculty Appreciation Award and 2006 Faculty Member of the Year, Ackerson has recently added to his accolades, placing fourteenth on RateMyProfessors.com's 25 Top-Rated Professors List for 2009. Each year the Web site, owned and operated by the MTV college network mtvU, honors the highest rated college professors and faculties across the country through its annual rankings. Upon finding that he was named on the list, Ackerson was in disbelief.

"I honestly didn't believe it at first. I read it several times, and my name was on there," he said. "It was weird. To think you are a top-rated professor is strange."

Reaching millions of college stu-

dents each month, the Web site allows users to read previous students' comments and view instructors' ratings based on helpfulness, clarity, rater's interest and easiness. Determining the top-rated professors, however, consists of an equal weighting of only two criteria: clarity and helpfulness. Based on a fairly complex process, each individual rating value is standardized using rating scores from 2007 through 2009. The scores are weighted with 15 percent for 2007, 25 percent for 2008 and 60 percent for 2009, reflecting a combined, long-term performance rating, with an emphasis on the most recent ratings.

In the classroom, Ackerson shines. His laid back, storytelling lecture style engages

students as he takes them to various places and times throughout history. It is because of this that history major Julie Messick says she thoroughly enjoys taking his classes.

"I really like learning about history," she said. "He's really good at explaining everything and he's really funny, too."

Ackerson has the natural talent required for teaching and a way of making an impact on students. When asked about his favorite class, Ackerson said there is really no class that he dislikes teaching.

"I don't get bored," Ackerson said. "A big part of what we're doing is what people's lives were like during a specific time; it can't

SEE Ackerson, Pg. 3

Briefly Stated

GUC Events: What's Happening in your University Center?

As we look forward to welcoming a new class of students at SU, GUC Events has been busy planning a multitude of fun events for the fall semester. What is GUC Events, you ask? GUC Events is a University Center sponsored program, which provides engaging, enriching and educational events for Salisbury University's student body. Events are open and free to all students and our goal is to have a little something for everyone.

We will be kicking off the fall semester on Friday August 27 at 9 p.m. with "GUC After Dark." We're taking over the Guerrieri University Center for the night so come out and celebrate with free food, give-a-ways, prizes, inflatables, indoor laser tag, and much more.

During the semester the calendar is packed with exciting events of all kinds. From video game tournaments and sushi rolling classes to ping pong tournaments and massage therapists there is sure to be something for everyone. Check out our schedule of events at www.salisbury.edu/guc/gucevents.html to learn more.

40 Days in India

Salisbury University student Patrick Morris shares his trek through Northern India with the amazing photographs he took along the way. The exhibit will be held in October in Blackwell Library.

Tabla Master Sandip Burman Burman has played with Ravi Shankar and countless jazz greats such as Bela Fleck and many others. He has been a visiting faculty member at the Rotterdam Conservatory in Holland and has toured and taught in the United States, Europe, Mexico, North Africa, Israel, and Canada. He will perform on Monday, Sept. 13 at 7 p.m. in the Great Hall of Holloway Hall.

Sitar Player Alif Laila With devotion and dedication, Alif Laila embraces the sitar as the instrument of her soul. Her sitar's compelling voice offers glimpses into the depths of nature, mirroring the complex richness of life's inner journey.

She will perform on Thursday, Sept. 30, 2010 at 7 p.m. in Holloway Hall Auditorium/Great Hall/Social Room.

Activities

Continued from Pg. 1

Berger, 1997).

Involvement Tips

Choose opportunities that interest you. To get the most benefit from your involvement, choose to get involved in activities that appeal to you. If your friends are participating too, that's not an added bonus, but should not be a deciding factor.

Find a balance. Research shows involvement leads to more benefits; however, you can overdo it. As you engage in out-of-classroom activities, do not neglect your academics or your health.

Counseling Center helps ease transitions for new students

By Heather McGee, LGPC and Tasha Thomas, LCPC
Counseling Center

The transition to college is often a time of great excitement for students; many will discover new friendships, social activities, and academic opportunities. This transition may also represent a time of fear and anxiety; the same adventures that offer excitement may also cause some to feel uneasy about exploring their new environment. Many will have their first taste of freedom and embark on a process of self-exploration and individualization both personally and academically. Others may look forward to similar experiences, but began their college adventure at another institution and decided to continue at Salisbury University. No matter the starting point, the opportunities and tasks are the same.

One of the greatest balancing acts for students include adjusting new relationships and activities to include communication with those who are not at college with them. Many students will have loved ones who miss them and may have increased phone, texting, or web communication with these individuals.

Technology may assist students with managing the need/desire to communicate, but time will still remain as a factor that must include academic demands and college life in order for students to feel successful.

Unlike high school, where one's schedule is heavily structured by classes, assigned activities, and routine times to spend with friends and family, a typical day-in-the-life of a college student is much less-structured. Students must continually make decisions about how they will spend their time and many are unaccustomed to having this responsibility. The temptation to avoid doing work can be strong. There may be many alternatives available to students that overshadow their need to complete academic assignments. However, those who adhere to schedules similar to high school and incorporate study times during available day time hours, often feel more accomplished and have much of their evenings and weekends available for leisure activities.

In addition to the student's transition, there is also a need for families to transition. Regardless if the student lives at home or away, parents/guardians may need to adjust expectations of their student now

that he/she is at college. Family roles may change; one way to manage this change is to be open and honest when experiencing them. It's okay to communicate your concerns, frustrations, and excitement; these feelings are natural and regardless if verbalized or not, the change is often noticed. Enlist the support of your family and loved ones. Reflection is often recommended during this time. This may be an opportunity for parents/guardians to reinvest in self, not only in those around you.

Many students arrive at college well-equipped to deal with life stressors and challenges. There may be discovery that as they begin to navigate this new terrain, they need additional tools to help them succeed. SU's Counseling Center staff is available to assist new students. Staff may help students establish healthy boundaries and skills to aide with transitioning to their new environment in addition to other mental health concerns. Counseling staff is available Monday-Friday 8am-5pm academic year and 8-4:30 p.m. in the summer.

<http://www.salisbury.edu/counseling/>

Make this your University!

— A welcome from Dr. Ellen Neufeldt, Vice President of Student Affairs

Congratulations to our incoming new students on selecting Salisbury University as your 'University'! It is my great honor to welcome you here as part of the class of 2013. In addition, faculty, staff and students are excited to welcome you to the SU family.

By making the decision to join the Salisbury University community, you have made a great step toward your future success. SU is known in the 'University System of Maryland' for consistently having one of the highest retention rates, which means that a larger number of students who begin at SU stay through graduation.

So how do you become part of the legacy of success that is Salisbury University? You make SU your 'university.' Students that become part of the fabric of their university community by connecting both in and outside the classroom are more likely to be successful and graduate.

How do you make this happen? You begin today as you visit the campus for preview and orientation, attending every session, meeting as many people as possible, and taking in as much information as possible. These programs are geared toward ensuring your success here, giving you the opportunity and the tools to begin your journey with us. From this point on, you own your destiny. By attending class, participating in active learning, engaging in student activities, and seeking help when needed, you own your experience here at SU. If you seize all the opportunities provided, you will not only graduate, but you will learn and grow, and make life long learning connections.

Today is your day to seize the moment and make Salisbury University your university. What a great journey it will be.

Welcome

Continued from Pg. 1

Student Orientation Program. Whether you are moving into the residence halls or commuting locally, your first day at Salisbury University begins on August 26, 2010! We have a comprehensive four-day orientation program that will prepare you for the first day of classes on Monday, August 30. Attendance at all orientation

programs is an expectation of all new students to the university.

You can find additional information about the New Student Orientation program on the New Student Experience website at www.salisbury.edu/new-studentexp. Welcome new Sea Gulls! We look forward to getting to know each one of you.

SI will be offered in the following classes for fall 2010:

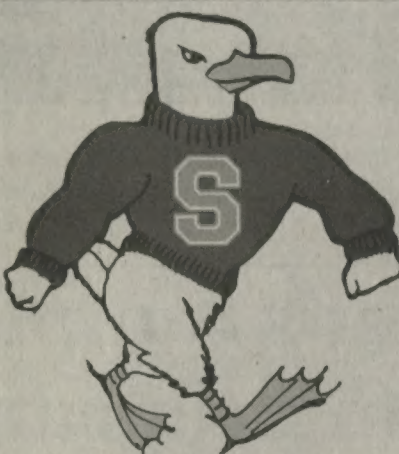
Acct. 201-004
Acct. 201-158
Chem 121-040
Chem 121-030
Chem 121-050
Health 217-001
Math 155-010
Math 155-011
Math 160-002
Math 201-003
Music 203-001
Music Perception 311 & 313
Physics 101-010

grade. 90 percent of the first time student who attended five or more SI sessions earned an A, B or C in the course last semester.

Sessions are open to all students and subjects include Accounting, Chemistry, Physics, Statistics, Calculus, Music Theory and Music Perception.

The fall schedule and more information about the SI program may be found at www.salisbury.edu/achievement.

Sign up for a SI-supported course today at registration!



SI

Continued from Pg. 1

to the high failure rate in medical school and it wasn't long before it spread to other departments. Today, SI is an international program conducted in more than 1,800 institutions across the United States and 27 other countries.

"This is a support system," said Holmes. "If you don't go, you're only hurting yourself. If you attend SI sessions regularly, chances are you'll earn a better

Also, when deciding what to get involved with, do not take on everything at once. Start slow and add activities as you get comfortable with your schedule. Visit the Office of Student Activities, Organizations, and Leadership. If you want help finding an opportunity that's right for you, or answers to any questions about activities available, please stop by the OSAOL located on the first floor of the Guerrieri University Center Room 125, Monday thru Friday from 8 a.m. to 5 p.m.

Ways to Get Involved

Salisbury University has over 120 recognized student organizations. The dynamic and vibrant student community at SU provides opportunities for everyone.

vides opportunities for everyone.

Student Organizations

Student organizations value inclusion, civility, leadership, citizenship, diversity, sustainability, and wellness. Organizations are grouped by category: General Interest, Academic/Departmental, Education/Professional Studies, Liberal Arts, Science and Technology, Sports and Recreation, Communications and Publications, Religious, Volunteer and Service, Political, and Supervising or Programming. Explore <http://www.salisbury.edu/SAOL/orgs/> to find a detailed listing of all recognized organizations.

Greek Life

At Salisbury University, affiliation

is a unique opportunity to be involved in a strong, continuous community over one's career. All chapters chartered at Salisbury University are nationally recognized. The Greek Life community at SU is comprised of six sororities and nine fraternities, all with a focus on scholarship, leadership development, personal growth and citizenship. Full-time, regularly enrolled students who have earned at least twelve credits and have a 2.3 college GPA may participate in recruitment.

Leadership

There are many opportunities to develop your leadership skills at SU. From serving in an executive board role to participating in

SGA Forums, volunteering at campus events to participating in the annual leadership retreat, workshops or the Leadership Challenge program through the Center for Student Achievement, the OSAOL encourages you to leave your mark at SU!

Service

Have you ever wanted to make a change in your community but were not sure where to begin? At Salisbury, student organizations host community-wide service projects and volunteer opportunities with the intent of making a difference. Available projects are posted monthly by the Volunteer Center, which is located in the Student Activities suite (GUC 125).

Sea Gulls Who Soar program recognizes student civility

Reprinted from March 9 edition

By Hayley Efland
Staff Writer

In an effort to promote civility, Salisbury University's Wellness Committee and the Division of Student Affairs have created a new campaign. Coordinator of Student Life Sara Lowery helped establish "Sea Gulls Who Soar" for students who embody civility.

According to the campaign's brochure, civility values include: consideration of others, positive conduct, support of tolerance and acceptance, compassion and respect for others, responsibility for one's own actions, commitment to SU and the SU community, being a good citizen, meaningful community service, and concern and support for the outside world.

"We noticed that there are students out there that care about the community and are not being recognized. We want more students to jump on the bandwagon and feel comfortable doing these things," Lowery said.

The winner will receive a picture and article in *The Flyer* and the winner's picture will also be displayed in the GUC.

To jump start the campaign, the committee chose to first recognize the Resident Assistants from the residence halls for their daunting task of snow shoveling during the tumultuous snowstorms at the beginning of last (Spring) semester.

"Not many students know our outside walkways are cleared by our RAs. They do it and they keep it clean. They're our own little unsung heroes," Lowery said. Resident Assistants were

required to shovel the steps, walkways, and exits of their buildings as a group, multiple times a day.

Paul Espina, first year RA and resident of Wicomico Hall did not mind the shoveling.

"It wasn't that bad; the worst part was having to go every two hours to shovel—if we just had to go two times a day it wouldn't have been as bad," he said.

RAs went out at least four times a day for three straight weekends to shovel the snow. They were also responsible for shoveling on days when classes were canceled.

"It was hard because we are students as well and we have academic responsibilities on top of being responsible for the safety of our halls," said Adam Messick, third year RA and resident of Nantuxco Hall.

Second year RA and Wicomico Hall resident Alex Winsted is focusing on the future.

"I am looking forward to the spring because I'm tired of shoveling consuming my entire day," she said. "As a conservative person, I believe hard work builds character; as a result of the snowstorms I have built a lot of character."

The winners for the rest of the Spring semester were Troy Grube for the month of April, Aaron Riley for the month of May and Tim Small is the Sea Gull Who Soar winner for the month of June.

Anyone interested in nominating a person or group for this honor can pick up/drop off a brochure at the Information Desk or in the Student Activities Office in the Guerrieri University Center. All nominations will receive recognition.

Ackerson

Continued from Pg. 1

not be interesting."

Ackerson had no intention of becoming a teacher when first attending college here at Salisbury University, and he began his college career as a psychology major pursuing a career in adolescent counseling. He later picked up a double major after discovering his interest in history.

"Everything is part of history," Ackerson said. "There's something for everyone and it's a matter of if you let yourself find what it is."

Continuing on in his studies, Ackerson received his Master's degree in history in 1990 and began his career as a professor at SU.

"We're proud to have Dr. Ackerson in the History Department," said History Department Chair Dr. Melanie Perreault. "We didn't need [RateMyProfessors.com's] rating to know he's a great professor."

As an SU alum, Ackerson has been a part of Salisbury University for over two decades and remains involved in student life, serving as the advisor of the SU College Republicans and the leadership honor society Omicron Delta Kappa.

"I think it's good for students to have outlets," Ackerson said. "I think it's important to care about what you're doing. If you care about your job, you care about the students."

Originally from Corpus Christi,

Tex., Ackerson has lived in various places all over the world. With his father in the Navy, he has lived everywhere from Hawaii to England to California, but considers Maryland to be home where he has resided since 1980.

In his free time, Ackerson enjoys reading, traveling and playing soccer. His most recent trip took place over Spring Break to England with his 15-year-old son, Kenneth. He also enjoys jamming with his band, the Bluelight Special, consisting of

fellow professors Dr. Perreault, Dr. Carlander, Dr. Moriarty, Dr. Vilmar and Dr. Erikson. The band has most recently performed at Escape Restaurant and Bar in Salisbury's Downtown plaza.

The 2010 fall semester marks Ackerson's twentieth year of teaching at SU, a milestone in his teaching career. With the way his career has gone thus far, the future is sure to hold great things for Ackerson as well as his students.

OSDSS provides 'LINGS' for student success

New program established for students with disabilities

Flyer Staff Report

Each Fall Semester, the Office of Student Disability Support Services (OSDSS) welcomes approximately 45 new students with disabilities to the SU campus and works to coordinate their accommodations, offer them counseling and advocacy, and provide them with connections to other campus resources.

As a way to enhance their delivery of such services, while providing enriched opportunities for students, the OSDSS has developed a new program for all incoming students who register with their office prior to the onset of the Fall semester. Named, "project LINGS", the program consists of a series of topical workshops and group-based peer support opportunities, coupled with scheduled one-to-one meetings with office staff, all which occur throughout the upcoming academic year.

"We hope that project LINGS will help incoming freshman and transfer students feel a greater connection to the SU campus, while tackling many of the issues that can make the college transition difficult," said the office's Graduate Assistant, Natalie Banwarth.

Topics addressed in the program include: academic skills, self-awareness, well-

ness, social networking, and career development. Self-assessments, interpersonal interactions, and reflections will be integral components of the program. Participants in the program will have weekly contact with their peer group and with individual OSDSS staff members.

"The program is designed to assist students with disabilities as they transition into the campus community and persist through their academic first year here at SU," said Nikki Dyer, Coordinator of the Office of Student Disability Support Services. Dyer continued, "Our goal is to help students with their academic, social, and per-

sonal needs, in a proactive way—so that they can feel empowered on our campus to succeed. By taking part in project LINGS, students are able to learn new skills, offer help and support to others, and be a part of a network of students who can relate to their challenges and successes."

To learn more about project LINGS, and to register for the program, students should contact the OSDSS by calling 410-677-6536 or e-mailing nadyer@salisbury.edu. Registration for the program is required by September 1.



R. L. Pusey photo

Student Disabilities Support Services Graduate Assistant Natalie Banwarth meets with students during a LINGS session.

Cool Beans Cyber Café

Located in the Guerrieri University Center.

- Starbucks® Coffee
- Fruit Smoothies
- Gourmet Pastries
- Salads
- Sandwiches
- Internet Access

Summer Hours:
7:30 a.m.-3 p.m. (Mon-Fri)

Regular Semester Hours:
7:30 a.m.-Midnight (Mon-Thur)
7:30 a.m.-11:30 p.m. (Fri)
Noon-11:30 p.m. (Sat-Sun)

If you or someone you know needs help with:

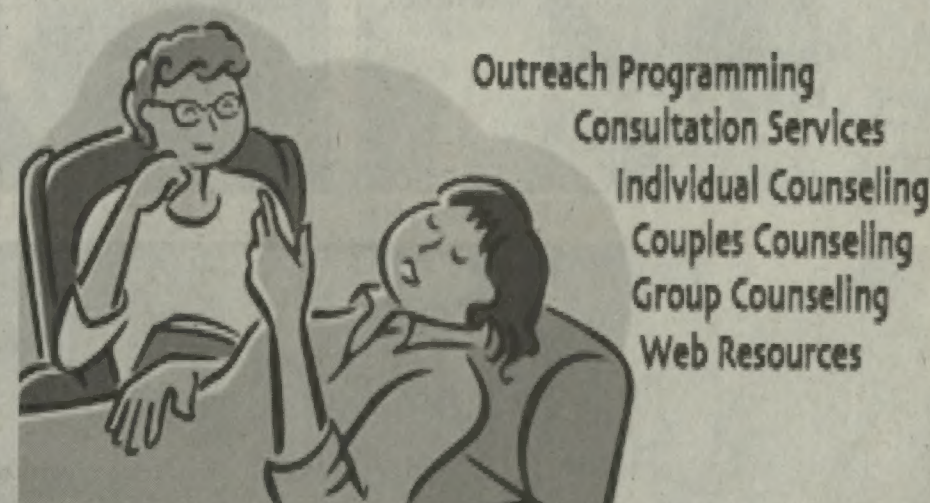
academic problems, alcohol/other drug problems, anxiety, career/major indecision, childhood physical/sexual abuse, depression, eating/body concerns, family issues, finances, health concerns, homesickness, identity confusion, isolation/loneliness, lack of assertiveness, LGBTQ issues, loss, low self esteem, perfectionism, relationship issues, relationship violence, sexuality, sexual assault, stalking, stress...

Counseling Center

410-543-6070

www.salisbury.edu/counseling

Guerrieri University Center, room 263



Outreach Programming
Consultation Services
Individual Counseling
Couples Counseling
Group Counseling
Web Resources

Hours: 8 am - 5 pm (academic year)
8 am - 4:30 pm (summer hours)

In Case of Emergency -
CC (during business hours)
University Police 410-543-6222 (after hours)

MARK YOUR CALENDARS!

Family Weekend 2010

September 24th - 26th

<http://www.salisbury.edu/parents/familyweekend>



Greek Life offers a lifetime of opportunities

By Jennifer Blackwell
Director, Student Activities

On behalf of the Salisbury University Greek community, welcome to your new home! We hope that you take the time to consider all of the opportunities available to you outside of the classroom to enrich your university experience, including those that our fraternities and sororities can offer you. At SU, we have four sororities and seven fraternities, and one fraternal colony. Leadership, scholarship, community service, and brotherhood/sisterhood are key components of our nationally-recognized organizations. By focusing on these principles, you can expect a positive collegiate and Greek experience. National studies have shown that students involved in campus life, specifically membership or participation in student organizations, have a better academic performance and a greater likelihood of completing a degree.

Greek life provides opportuni-

ties to be involved in campus and chapter leadership positions, local community service projects, planning events and social functions, as well as scholarship and networking opportunities to secure relationships that will far outlast your tenure at the University. Greeks at Salisbury University are actively involved in many aspects of campus life, including philanthropic ventures by dedicating numerous hours giving back to the community. For example, during the past year, Zeta Tau Alpha, with a commitment to breast cancer awareness and education, teamed up with Sigma Alpha Epsilon to raise funds for the Brooke Mulford Foundation and Susan G. Komen Foundation. Also, Delta Gamma utilized their annual Anchor Splash program to raise money for Sight for Service while Alpha Sigma Tau worked with the local program Urban Ministries to assist with after-school activities for underprivileged youth. Not to be left out, Sigma Pi raised awareness for the

SAM Spady Foundation, Phi Mu hosted multiple events to raise funding for the Children's Miracle Network, Alpha Sigma Phi worked on multiple projects for LiveStrong, and Tau Kappa Epsilon, like many other chapters, diligently supported SU by helping out on Move-In Days, The Big Event, We Love Salisbury, and campus clean-ups. Why would you want to be a part of a Greek organization at Salisbury University? Being in a Greek fraternity or sorority is not just a college experience; it's an experience of a lifetime. In addition to developing your skills as a leader, you will grow personally and foster relationships that may last a lifetime. Also, you have the opportunity to collaborate with other Greeks and members from different student organizations on campus. At Salisbury University, we follow a system of deferred recruitment. To be eligible to participate in a recruitment process, you must have twelve college credits, have at least a 2.5 college GPA,



Publications photo

Salisbury University's enthusiastic Greek Life community gathers outside of the Scarborough Leadership Center.

and be a regularly enrolled, full-time student. This gives students an opportunity to successfully transition and explore more closely what Greek Life has to offer before making a commitment.

For general information about how you can join a fraternity or

sorority at Salisbury University, please stop by the Office of Student Activities, Organizations, and Leadership located in the Guerrieri University Center on the first floor (Room 125) and speak with Sara Lowery, Coordinator of Student Life or Jennifer Blackwell, Director of Student Activities.

Commuter Connections makes it worth the trip

By Helena Hill
Commuter Connections Coordinator

Are you living in residence halls during the next academic year? If your answer is "no," then you are a commuter student!

Commuter Connections is here to assist commuter students throughout their college experience, helping them deal with the unique challenges faced by off-campus students and advocating for their needs within the campus community. We serve as the main resource center for commuter students, so you know you have someone to turn to when you have any questions or concerns during your time at the University.

As you start your journey at Salisbury University, we invite you to check out the exciting events we have coming up! First-year students are encouraged to join us for the Commuter Carnival during Orientation Day – the party we are planning for your first day as a SU student. Meet us on the lawn outside the Guerrieri University Center on August 26 at 7 p.m. for traditional carnival activities, cool prizes, snacks, great music, and the perfect opportunity to meet other commuter students and our staff!

On September 1, during your first week of classes, join us at the Red Square between 11:30 a.m. to 2 p.m. for the Commuter Fair. You will have the opportunity to talk to many departments

and off-campus vendors to learn more about useful commuter resources on and around Salisbury University. There will be giveaways, door prizes and food!

First-year students should also take advantage of our Mentor-Mentee program, in which they are paired with an upper class student who will give them the inside scoop of the University. There's no better way to ensure a smooth and successful transition into college life! Mentors are very knowledgeable and can give their mentees tips on how to get connected to the campus and to other students. They can help with parking, transportation, eating, buying books, etc. – in other words, they can point mentees in the right direction when they have questions or concerns. For more information on this program, check out our Mentor/Mentee information session during Preview in Pomcooke Room (GUC Room 234) at 3 p.m.

Don't miss the opportunity to get involved! We have many other events planned for the fall semester, so keep an eye out for our schedule of Commuter Workshops, Commuter Coffee Hour, Commuter Appreciation Day, and much more! For lots of useful resources, information on upcoming events, and more in-depth information on any of our programs, visit our web site at www.salisbury.edu/commuters or give us a call at 410-543-6100.



Kristian Gregory-Lee

By Theresa Fichter
Staff Writer

Kristian Gregory-Lee describes herself as "a mommy bear."

"I'm not judgmental and I always listen and give my best advice. I always like to make people feel welcome and comfortable," Gregory-Lee said.

The sophomore accounting major is a graduate of Frederick Douglass High School and grew up in Upper Marlboro, Md.

In the future, Gregory-Lee hopes to utilize her caring personality to open up a group center for young adults that focuses on self-confidence and self-image. As Speaker of the Senate for the SGA, Gregory-Lee is

Student Spotlight: Kristian Gregory-Lee shows leadership through involvement

also involved in various activities here on campus and has great pride in school.

"I love it here. This isn't just Salisbury for me, this is my Salisbury family. It's not too big or too small, I feel close with everyone. You can actually have a one on one relationship with teachers."

Gregory-Lee has now been in the SGA for a full year and has even been re-elected as speaker of the senate for the upcoming year.

"I like being involved in the SGA. We actually make a change in both our community and here at SU; we help the public and students," Gregory-Lee said.

Director of Multicultural Student Services Vaughn White has known Gregory-Lee since her freshman year and describes her as the perfect candidate for her position.

"Kristian is an energetic, committed and fun loving student. She takes her leadership responsibilities very seriously as the Speaker of the [Senate] for the Student Government Association. She expressed to me in the

past that she enjoyed working with the senators and students new to the SGA process," White said.

In addition to the SGA, Gregory-Lee is also a part of SU's Passion 4 Fashion club, Saferide, African Student Association, Playing Card Club and Multicultural Student Services.

Gregory-Lee is greatly admired by her mentors.

Andrea Wheatley of Multicultural Student Services has known Gregory-Lee for two years through Multicultural Student Services' Powerful Connection Program. She said she likes Gregory-Lee's hard work and determination the most.

"When we first met, Kristian stood out with her bubbly personality. She was involved in every aspect of the program and encouraged others to participate as well. Kristian has also mentored several students through our mentoring programs. I see Kristian accomplishing all of the goals that she would set out to do. Kristian has that determination, personality and initiative to succeed," Wheatley said.

Reach your academic potential with the CSA



Adrienne Price photo

SU baseball players Daniel Trivits, Matt Byers and Cameron Shifler achieve on and off the field, as they study in the Center for Student Achievement.

By Heather Holmes, Ph.D.
Director, Center for Student Achievement

The Center for Student Achievement (CSA) offers a full complement of services to help students achieve their academic potential. Often times, new students have excelled in high school but find the transition to the academic rigor of college difficult. The key to your success is to seek help early and often in your first semester. The staff at the CSA will help connect

you with services in our center and across campus. An academic coaching appointment with a staff member may help you to get on the right track. We may recommend a tutoring session or a peer facilitated study session called supplemental instruction.

You may want to take advantage of one of our weekly study skills workshops. Each week, we cover a new topic from time management to test taking to note taking to learning styles. For a full schedule of our fall workshops see our website, www.salisbury.edu/achievement.

Do you need to improve your math skills? The CSA offers on line math learning modules in Algebra, Trigonometry, Calculus, Business Statistics and Chemistry. The Math Lab in Henson Hall also offers tutoring Monday-Thursday from 9 a.m. to 7 p.m.

Keep in mind some simple tips to get off on the right foot with academics. First, find an ideal place to study. Is it in the residence hall, library, or the Center for Student Achievement? Determine the best place to get work done with the least number of distractions. Secondly, go to class! It is tempting to sleep in and skip that 8 a.m. class. The easiest way to learn material is to hear it from the professor. Set a goal to attend every class this way you will not miss vital information that may be on the test, changes in due dates, changes in the syllabus, etc.

Next, set academic goals for the semester. Set a goal for each class an A, B or C? Look over the syllabus and gauge the workload for the semester. The next tip is so critical: utilize faculty office hours and meet with them. Early contact is very important in the event that you run into any snags later in the semester. Meet

with faculty now so if you need help later you have initiated an out of class meeting.

Also, meet with your academic advisor. Program planning and academic advising for the spring semester begins in October. If you are not sure who your academic advisor is, you can look it up on Gull-Net. Stop by and make an appointment with your academic advisor during program planning. Students cannot register for classes without first meeting with their academic advisor during program planning. They are a key resource!

Next, do your best to find balance. A mixture of social and academic life is critical to a student's success. Students must be sure not to tip the scale too far in either direction. If a workshop on time management, goal setting or organization would benefit you, please come see us at the Center for Student Achievement, GUC 213.

Get involved in a student organization! Research indicates that students who are involved in a club or organization succeed in college. They make connections outside the classroom. Students should connect with their peers in a positive way through membership in a sports club, fraternity or sorority, or student organization; there are a 100 clubs to

choose from at SU!

Take advantage of study resources on campus. The University Writing Center (UWC) and the Center for Student Achievement (CSA), located on the second floor of the Guerrieri University Center, offer academic support for all students. Blackwell Library is also a key academic resource for students. Many academic departments and academic clubs offer tutoring for students.

Do not cut corners. College is about learning. Encourage your student to get organized, set goals and plan ahead. Procrastination and cramming are negative behaviors that can hamper academic success. Finally, make connections with other students in class. Challenge yourself to set a goal to meet one new person per week in class. Then form study groups with classmates. Classmates can provide a crucial network if you do miss a class.

The Center for Student Achievement is one of many resources on campus to help students achieve their potential. We are willing to partner with parents and families to help your student achieve. Feel free to contact us by email at achievement@salisbury.edu or call 410-677-4865. Don't forget to check out our website at www.salisbury.edu/achievement.

Cultural Affairs announces Tibetan Monk Residency

Submitted by Cultural Affairs

Eleven Tibetan monks from the famed Drepung Loseling Institute, with blessings from His Holiness the Dalai Lama, are in residence at Salisbury University Nov. 10 – 14. During this week the monks will present The Mystical Arts of Tibet: Mandala Sand Painting in the University Gallery in Fulton Hall.

From all the artistic traditions of Tantric Buddhism, that of painting with colored sand ranks as one of the most unique and exquisite. In Tibetan this art is called dul-tson-kyil-khor, which literally means "mandala of colored powders." Millions of grains of sand are painstakingly laid into place on a flat platform over a period of days or weeks.

Formed of a traditional

prescribed iconography that includes geometric shapes and a multitude of ancient spiritual symbols, the sand-painted mandala is used as a tool for re-consecrating the earth and its inhabitants.

The lamas begin the work by drawing an outline of the mandala on the wooden platform, which requires the remainder of the day. The following days see the laying of the colored sands,

which is effected by pouring the sand from traditional metal funnels called chak-pur. Each monk holds a chak-pur in one hand, while running a metal rod on its grated surface; the vibration causes the sands to flow like liquid.

Traditionally most sand mandalas are destroyed shortly after their completion. This is done as a metaphor of the impermanence of life. The

sands are swept up and placed in an urn; to fulfill the function of healing, half is distributed to the audience at the closing ceremony, while the remainder is carried to a nearby body of water, where it is deposited. The waters then carry the healing blessing to the ocean, and from there it spreads throughout the world for planetary healing.

From the Photo Bank: What's Happening On Campus



Kelly Robinson photo



R.L. Pusey photo



AST submitted photo

1. Meg Borodulia gets locked up at Jail and Bail during Relay for Life 2010, which ran from April 30 to May 1
2. Jay Sean performs during GullFest 2010.
3. Members of the Sigma Pi fraternity make themselves into a pyramid on April 23, during Greek Week.
4. ZTA sisters fight breast cancer by selling shirts.

Leslie Davis photo

SCHOLAR HOLLER!

Hometown: Baltimore, Md
Major: Exercise Science
Minor: Chemistry
GPA: 3.4

Journey beyond the limits you are given.
To me, the quote means do more than what is expected of you and don't just stay in the little box provided to you by Salisbury. Reach your highest potential!

Dr. Scott Mazzetti nominated Brittany because of her scholarly endeavors, and ability to balance work, academics and extracurriculars. She was a member of the winning team for the first-ever College Bowl tournament at the Mid-Atlantic Regional American College of Sports Medicine annual conference in 2008. Similarly, the work and research necessary to complete her senior Internship go far beyond the typical requirements.

All of her responsibilities "require her to demonstrate leadership and management skills, and the total number of hours invested will more than triple the total hours she needs to meet the Internship requirement," said Dr. Mazzetti.

Get More With A Meal Plan

TRADITIONAL MEAL PLANS
Students living on campus are required to have the A, B or C meal plan. Commuter students may also choose meal plans D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GG, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KG, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LG, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MG, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NG, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OG, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PG, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QG, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RG, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SG, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TG, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UG, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UU, UV, UW, UX, UY, UZ, VA, VB, VC, VD, VE, VF, VG, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VV, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WG, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XG, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YG, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YY, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZG, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ.

COMMUTER MEAL PLANS
Meal Plans E, G, H and I are specifically designed with the off-campus lifestyle in mind. However, students living off campus may choose any of the traditional Meal Plans (A-C) as well.

1. 5 Meal Plan \$719/semester
• Five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

2. 10 Meal Plan \$1,437/semester
• Ten visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

3. 15 Meal Plan \$2,155/semester
• Fifteen visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

4. 20 Meal Plan \$2,873/semester
• Twenty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

5. 25 Meal Plan \$3,591/semester
• Twenty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

6. 30 Meal Plan \$4,309/semester
• Thirty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

7. 35 Meal Plan \$5,027/semester
• Thirty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

8. 40 Meal Plan \$5,745/semester
• Forty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

9. 45 Meal Plan \$6,463/semester
• Forty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

10. 50 Meal Plan \$7,181/semester
• Fifty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

11. 55 Meal Plan \$7,899/semester
• Fifty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

12. 60 Meal Plan \$8,617/semester
• Sixty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

13. 65 Meal Plan \$9,335/semester
• Sixty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

14. 70 Meal Plan \$10,053/semester
• Seventy visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

15. 75 Meal Plan \$10,771/semester
• Seventy-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

16. 80 Meal Plan \$11,489/semester
• Eighty visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

17. 85 Meal Plan \$12,207/semester
• Eighty-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

18. 90 Meal Plan \$12,925/semester
• Ninety visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

19. 95 Meal Plan \$13,643/semester
• Ninety-five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

20. 100 Meal Plan \$14,361/semester
• One hundred visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount

SIGNING UP IS EASY!
Go to www.salisbury.edu/dining/mealplans.htm and click on "Sign Up For A Meal Plan" on the far right.

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University Writing Center offers free assistance to students

Become one of the thousands of Salisbury University students who have gotten feedback about their writing at the University Writing Center!

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During your session, the consultant will work collaboratively with you by assisting with writing issues such as brainstorming, composing a thesis statement, citing sources properly, as well as tackling grammar errors.

Furthermore, the Writing Center

has convenient hours—at night and on weekends—to better suit your schedule. So when it comes time to tackle the next writing assignment, pay a visit to the University Writing Center, located on the second floor of the GUC, directly above the Fireside Lounge. We look forward to seeing you!

At a glance

WHAT: UWC
WHERE: GUC 206
WEB: www.salisbury.edu/uwc
CALL: 410-543-6332
COST: Free
INFO: Writing assistance from trained consultants

CAMPUS AGAINST VIOLENCE BECOME A PEER EDUCATOR

- Facilitate interactive workshops that debunk myths about sexual assault stalking and relationship violence
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- Exercise your creativity
- Learn how to support friends and family who are affected by the issue

For more information, email Alysha B. Warren at abwarren@salisbury.edu or download an application at www.salisbury.edu/counseling/cav/

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Intercultural Orientation Program "POWERFUL CONNECTIONS"

AUGUST 22-26, 2010

Please visit Multicultural Student Services to receive unique information on opportunities to connect with upper-class students of color through our Peer Mentor Program and to become acclimated with the campus. Our program has been a vital link for new students of color and their success at Salisbury University.

The Intercultural Program allows for early check-in on Sunday, August 22. This will give you an opportunity to meet fellow students, connect with your mentor, and interact with faculty and staff of the Multicultural Student Services Office. Activities and programs related to successful transitioning to University life have been planned for your benefit.

Program fee: \$150 Registration Deadline: July 23, 2010

**Beyond the Limits - Academic Advising -
Campus Tours - Social Events - Multicultural
Alliance Fair - Luncheons - Academic
Monitoring ...to name a few!**

Don't forget! A handy list of items to bring to campus:

By Gwendolyn Owens
Asst. Director for Data Management Assignments
in Residence Life

As you prepare to pack your room and move your life to Salisbury, there is plenty to think about, who you will live with, what your classes will be like and who you will make friends with. The trick is getting here for those things, but before you arrive you will need to make sure you have everything that you might possibly need! Some students take to this change with gusto, others put it off until the night before and end up borrowing everything they should have packed from friends. Here is a list of things that will likely come in handy during the year. Not all of them are a must, but hopefully there will be some in this list that you hadn't thought of.

- ☐ Bedding (our beds are extra long and those sheets fit best, but some twin sheets do fit)
- ☐ Anything to decorate your room and make you feel at home
- ☐ Iron and small ironing board
- ☐ PDA/organizer/planner
- ☐ Backpack
- ☐ Bike and (good) bike lock (kryptonite)
- ☐ Fan
- ☐ Bath towels, soap, robe, etc.
- ☐ Personal hygiene items (toothpaste, deodorant, etc...)
- ☐ Shower shoes
- ☐ Shower caddy for toiletries
- ☐ Small can-opener and bottle opener
- ☐ First aid kit, including Band-aids, antibiotic ointment, ace bandage, etc.
- ☐ Tylenol or other pain reliever
- ☐ Umbrella
- ☐ Raincoat, rain shoes/boots
- ☐ Pictures of family, friends and/or pets
- ☐ Your insurance card/health insurance information
- ☐ Phonebook from your hometown (so you can call and order flowers for your Mom on her birthday, etc.)
- ☐ Swimsuit(s)
- ☐ Workout and/or sports clothes
- ☐ "Dress" clothes (guys, this means at least a blazer and one or more ties)
- ☐ "Grubby" clothes (who knows if you'll go clean up along the highway, paint someone's house or need to play mud football)
- ☐ Stapler (you need to staple all those papers you'll be writing)
- ☐ Television
- ☐ VCR/ DVD player
- ☐ Refrigerator (or a micro-fridge combo unit, kingfridge.com)
- ☐ Cell phone with good service/coverage where your college is
- ☐ Digital camera to capture all your new friends and fun
- ☐ iPod/MP3 player/Stereo with a docking station
- ☐ Computer, with peripherals
- ☐ Power strip/surge protector (NEW!)
- ☐ Sports equipment (football, volleyball, basketball, and any other type of ball)
- ☐ Desk Lamp
- ☐ Alarm Clock (maybe two)
- ☐ Laundry bag or basket
- ☐ High Efficiency Laundry soap/ Stain Remover
- ☐ Knowledge of how to do laundry
- ☐ One or more rolls of quarters (for vending machines, tolls, etc.)
- ☐ Tide To Go Instant Stain Remover
- ☐ Sewing kit (needles and thread, safety pins, two-sided tape, etc.)
- ☐ Eating utensils (preferably plastic)
- ☐ Cups and plates - plastic (washing dishes in a bathroom isn't fun)

Write down those other essential items!

- ☐
- ☐
- ☐
- ☐

SU bookstore



Save Time...
Buy Your
Books
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The SU
Bookstore!

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Click on "Textbooks" in the black banner at the top to get started.

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Salisbury
UNIVERSITY

Club Spotlight African Student Association

By Kathryn Tyler
Staff Writer

Salisbury University's African Student Association is dedicated to making the University a more culturally diverse institution and often goes to great lengths to reach this goal.

"The purpose of ASA is to increase the awareness of diversity and multicultural aspects of Africa and the African people to the Salisbury University campus and local community," said ASA President Babatunde Amona. "We offer students of all descent a meeting place where interaction is encouraged in the spirit of unity and togetherness."

Since fall 2004, ASA has been a recognized student organization. ASA currently has about 50 members, and they are still growing. With the numerous events and activities ASA has planned for the semester, new members are always encouraged and welcome to participate.

"We plan on hosting a Multicultural Retreat, having a cultural showcase, having our annual ASA car wash, hosting our annual ASA Cook-

out and many other things that are still in the works," Amona said. "We held our annual ASA Show/Ball in November 2009, and it was a huge success. I would like to commend all of the members that took part in making this wonderful event successful and thank all of you that came out and supported our organization. Special thanks also go out to the faculty for their efforts in making everything possible. We usually promote a lot prior to our events, so please look out and come support us!"

In addition to campus-related events, ASA is involved in the community and gives back every chance they get.

"One thing I can say I love about this organization is the diversity and the unity we all share. I especially love the fact that we not only hold various functions and meetings, but we all come together and give back to the community," Amona said. "We believe that being actively involved in the community comes first."

ASA members often engage in various community service activities each semester like mentoring, donating to the Keep a Child Alive Foundation, participating in The Big Event, helping with the Salvation Army, and passing out gifts to homeless children during the holiday season.

"I hope to see this organization grow and continue giving back to the community as well as get recognized for their efforts here on



Erin Corcoran photo

A group of ASA members come together for a photo. About 50 people are part of this RSO, which puts on a variety of events throughout the year.

campus and the community," Amona said. ASA meetings are held every Thursday at 7 p.m. in Henson room 243. Amona stressed that they are always looking for new members. "Our doors are open and will remain open to our multicultural campus community," Amona said. "ASA is more than just a club.

ASA is a place that students can call home and a place full of people you can call family."

- ASA won the 2010 Outstanding RSO Award at the Celebration of University Leadership Awards

SU's Financial Aid Office welcomes new students

By Barri Zimmerman
Director, Financial Aid

Congratulations on your decision to attend Salisbury University! This is the beginning of a new and exciting chapter in your lives and we are delighted that you chose Salisbury University as your "home" for the next few years.

We know that financing your education is an important issue for both students and parents and it is the mission of the Financial Aid Office to provide you with information and resources to assist in the financial support of your educational goals. To apply for most types of aid, you must complete the Free Application for Federal Student Aid (FAFSA). The FAFSA can be completed online at www.fafsa.ed.gov. The application must be renewed each academic year for you to continue receiving financial aid. The priority filing deadline for the FAFSA is March 1 for the upcoming academic year. Students who have completed the FAFSA by this date will be considered first for need-based financial aid.

As a new student it is important to keep academic achievement as a priority. In order to continue receiving financial aid, you must maintain satisfactory academic progress toward your degree. The official policy for satisfactory academic progress can be found on the financial aid section of Salisbury University's website.

The staff of the financial aid office takes great pride in processing your request for financial aid in the most efficient manner possible. It is important for you to check your campus email regularly for messages regarding your financial aid status. In addition to checking your email, you should also check your on-line "To Do" list on GullNet regularly. Keeping yourself up to date with regard to these two forms of communication can greatly reduce delays in the processing of your financial aid. Your "To Do" list may be found using the following path on GullNet: Self Service>Campus Personal Information>To Do List.

Important Dates to remember:
Fall 2010 semester bills will be mailed by the Cashiers' Office during the week of July 12.

Bills are due on August 2.
Your bill may be satisfied entirely by financial aid, or you may consider a combination of resources including personal funds and financial aid.

The financial aid staff is available during office hours to respond to your financial aid questions and requests. No appointments are necessary. You can seek assistance in the office (Holloway Hall, room 213) on a walk-in basis or you may call the office at (410) 543-6165 to speak with a financial aid representative. We look forward to working with you and wish you great success in all your endeavors here at Salisbury University.

SHS shares healthful hints for new students

By Jennifer Berkman
Director, Student Health Services

For some years now, most students have been patiently (?) waiting to be in control of their own lives. Parents have worked, in most cases, to get their student to a place where they can take care of themselves. In the mix of all this transition to independence are health issues. While most college students are healthy, some have varying degrees of health challenges.

The average student still needs to worry about staying healthy... eating right, getting rest, managing stress, avoiding accidents and injuries, making healthy choices about substance use, and exercising. Building a healthy lifestyle goes a long way in making sure goals and aspirations can be

met...in the classroom, on the athletic fields, in social situations, and interpersonally.

Some students bring with them chronic health conditions. The length of time that a student has been managing a condition varies greatly. Some have lived with health challenges their whole lives, or were diagnosed at a very young age. Others developed problems more recently. The level of comfort a student has in managing their condition also varies, depending on their level of stability in the treatment and care of their condition, how much their parents have been involved in the day to day management of their health, and how ready they are to take on the challenge themselves.

Other students will become newly diagnosed with a condition or may suffer from an injury once

they are in college. This change in health status can be extremely stressful, even tragic.

It is the goal of SHS to help students, as much as possible, navigate health issues so that they can stay in school. We promote healthy choices and healthy living to insure that an accident, injury or illness doesn't prevent a student from finishing a semester or their college degree. We take the student's lead in assisting as much or as little as they need. If a student is newly managing a health condition, they may need more support at first, and then less as time goes on. Likewise, students with chronic conditions who have managed them for a long time may only need assistance once in a great while.

Regardless, it is important for students and parents to know that

Student Health Services (SHS) is available to assist students through all of these transitional issues.

SHS is a primary, ambulatory care facility, much like any primary care physician's office. Located in Room 180 Holloway Hall, all students are eligible for services...full-time, part-time, on-campus, off-campus, and graduate students. Services are confidential. Any student or student/parent who wants to consult or share information with SHS medical staff is encouraged to do so. We are ready to work with any student to make sure their health needs are taken care of while at SU. For more information, visit www.salisbury.edu/health or call 410-543-6262. The entire SHS staff looks forward to making your experience at SU a happy and healthy one.

Late night?

Need a ride home?

Students are encouraged to use Saferide as an alternative to unsafe means of getting home.

If it's a job you're looking for, Saferide employs over 50 employees each semester to accomplish its mission of keeping students safe.

Hours of Operation
Thursday 10p - 2a
Friday 10p - 3a*
Saturday 10p - 3a*
***Phones are turned off at 2:30a.**

410-677-5000

<http://orgs.salisbury.edu/saferide>

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student activities presents...

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9.00p
Sat. August 28
Holloway Auditorium

WELCOME

CLASS OF 2014

FROM THE OFFICE OF ADMISSIONS

NEW STUDENT OUTDOOR PROGRAMS

..... Making Connections, Fostering Leadership

If you were here for Admitted Student Day in March you got the postcard telling you to save the date? And in May, you received the glossy brochure with the colorful picture of Salisbury University new students camping and surfing on the beach at Assateague. What we hope is that you looked through the brochure and thought that one of the outdoor program experiences could be right for you. We know that many of you did since the 2010 summer outdoor programs are already over 50 percent full. The good news is that we understand that you may still have questions about what the trips entail, what you can expect to do, what you will get out of such an experience or which trip is right for you. We have staff on

hand during Preview to answer all of your questions.

For over 28 years, the Outdoor Program Experiences have been taking new freshmen students on the trip of a lifetime during the summer before they start Salisbury University. Why do we continue to do it? Because we know they make a difference. On the surface, you will have fun hiking, canoeing, cycling, white water rafting, surfing, camping, challenging yourself on a ropes course and much more. What makes these programs special is that new students get to interact with other new students, faculty, staff and upper-class peer leaders in a relaxed, fun and engaging way. We also know that students who go on the outdoor program trips already feel so con-

nected through amazing friendships made, knowledge of University resources, and a connection to faculty and staff that they do better academically and are involved extensively in leadership activities on campus. You do not have to be an outdoor enthusiast, and in many cases students go on trips that challenged them to do things they would never have thought they could do. This is an opportunity you won't regret!

— Kristen Kazmerek, Assistant Dean for Student Success and Parent Programs



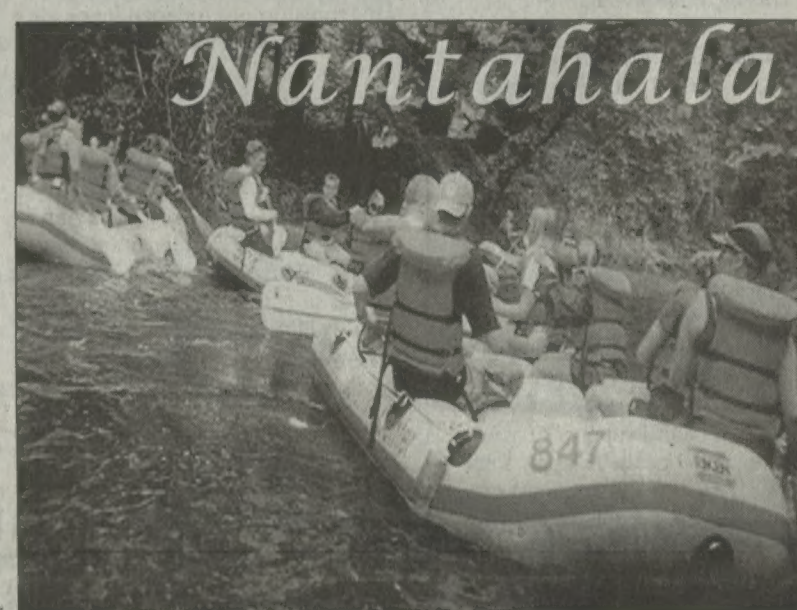
The Acadia Adventure Program takes students to the beautiful Acadia National Park located on Mount Desert Island along the coast of Maine. Students can go sea kayaking, hiking, biking, swimming while also engaging in a service project for the National Park Service. Students will also visit quaint sea-side fishing villages, feast on succulent Maine lobster and relax by the campfire. Dates are July 31 – August 8



Henry David Thoreau went to the woods so that he might "live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach." New Salisbury students have the chance to "live deliberately" and make new friends on the canoeing/camping trip in Algonquin Provincial Park, in Ontario, Canada, one of the most beautiful, pristine and serene places in North America.

Your Preview day is a great time to have your questions answered. The faculty and staff course directors are available during the continental breakfast after check-in, at lunch in the Commons and during afternoon information sessions. They are also available via e-mail or phone if you have questions after you head home from your Preview day.

Just a reminder: spaces are limited and several programs are already full. If you know you want to participate in a program, sign up online at <https://www2.salisbury.edu/newstudexp/register> as soon as possible since the spaces are first come, first served. Feel free to contact new student experience at 410-543-6102 if you have any questions!



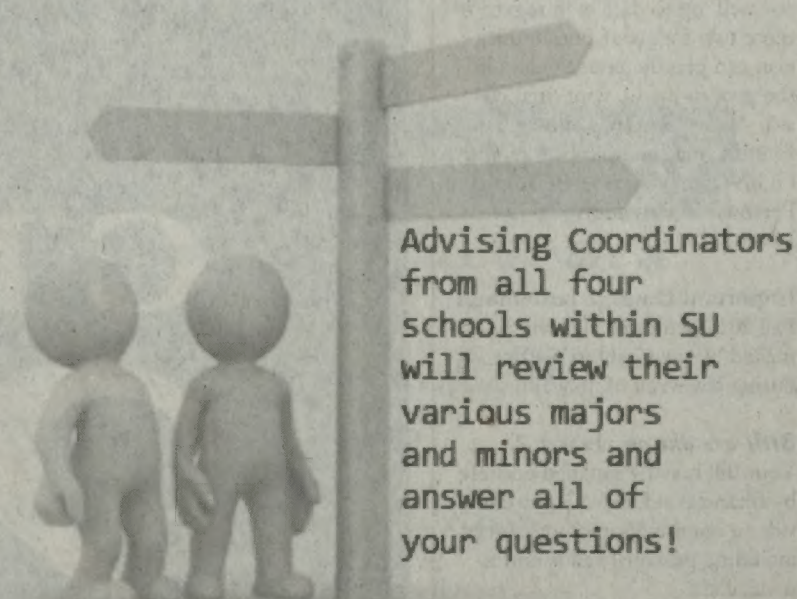
FOR A FULL LIST OF OUTDOOR PROGRAMS AND PICTURES VISIT:

<http://www.salisbury.edu/newstudexp/>

Choosing a major? Looking for a minor?

There are many paths you can choose to accomplish your dreams! Come explore!

Our fun assessments and activities will help you determine your interests and objectives.



For more information, contact Dr. Emery at Career Services.
510-543-6075
raemery@salisbury.edu

Campus recreation offers fitness and fun

By Wayne Gorrow
Assistant Director of Campus Recreation

Q. What is the campus recreation department?

A. The campus recreation department is designed to provide members of the University community opportunities to participate in a variety of recreational activities. These activities encompass team and individual sports, as well as informal programs. In addition to the obvious benefits of physical fitness, participants also improve skills, establish friendships, and develop lifelong leisure time habits. The campus recreation department also offers some of the most outstanding collegiate recreational facilities in the Mid-Atlantic region.

Q. What facilities are available for campus recreation?

A. Current full-time students, have access to Maggs Gym, the pool, intramural fields, and the Indoor Tennis Center, or the new University Fitness Club (UFC). The UFC opened its doors to the campus community in August 2008. The UFC is an exciting place to work out, play racquetball, attend a group fitness class, or simply hang out in the newly renovated lobby. Each facility has its own schedule and can be used and reserved by contacting the campus recreation department or the individual facility.

Q. What are intramural sports?

A. The Intramural Program at Salisbury University is designed to provide an opportunity for every student to participate in organized recreational competition.

Structured leagues and tournaments are offered in a diverse array of sport activities from flag football and softball to sand volleyball and racquetball.

All current full-time students, faculty, and staff at Salisbury University are eligible to enjoy all intramural privileges. Part-time students may participate, but only after paying the intramural fee at the Cashier's office. Members of the intercollegiate teams are not eligible to participate in an intramural sport (or related sport) in which they are a member. Members of SU Sport Clubs are eligible to participate in a similar sport, but only two per team.

Individuals as well as teams are encouraged to participate in intramurals. Teams are usually formed from residence hall units, student organizations, hometown affiliations, and often simply

groups of friends. However, if a student wants to play but doesn't have a doubles partner or doesn't know enough people to form a team, they can still get involved. All a student needs to do is submit a Free Agent Form to the Campus Recreation Office (Maggs Room 146) one day before the particular sport's entry deadline. The student's name will be available to any other individual as well as team captain's looking for players or partners. We will either form a team from other free agents or try to get you placed on an existing team.

Q. Is there risk involved in campus recreation activities?

A. The Salisbury University Campus Recreation Department strives to conduct all activities in the most prudent manner possible.



Telecia Taylor photo

The Salisbury University women's Rugby team take a break from the mud for a photo op. Women's Rugby is just one of many sports clubs offered at SU.

ble. However, due to the inherent risk of accident or injury in any activity, it is the responsibility of each participant to be aware there are assumed risks involved in participation and that participation is entirely voluntary.

Q. What are sport clubs?

A. A sport club is a student organization, registered with the Campus Recreation Department and the Student Government Association (SGA) that has been formed by individuals motivated by a common interest and desire to participate in a favorite sport activity. Clubs vary in focus and programming since the membership manages the operation of

the club. A sport club may be oriented toward any or all of the following: competition, teaching, recreation, or socialization.

The Campus Recreation Department assists and coordinates the efforts of most of the sport clubs on campus. All club matters are channeled through and administered by Wayne Gorrow, Assistant Director of Campus Recreation in the Intramural/Sport Club office, Maggs Gym, room 146B.

The success of the sport club program depends on the student leaders of each club. It is these leaders who must have the initiative and drive to handle club administrative matters and motivate

club members to take part in club activities.

Membership in all clubs is open to all Salisbury University students, faculty and staff regardless of skill level. Clubs also offer opportunities for those who want to learn a new sport. Current sport clubs include: Cheerleading, Field Hockey, Golf, Ice Hockey, Men's Lacrosse, Men's Rugby, Men's Ultimate (Frisbee), Men's Volleyball, Sailing, Women's Lacrosse, Women's Rugby, Women's Soccer, Women's Ultimate (Frisbee).

Don't forget to check out the Web site: www.salisbury.edu/campusrec

★ Sea Gulls ★ Sea Gulls ★ Sea

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS

Correll garners ESPN the magazine Academic All-America Honors



Lauren Correll

honor to her long list of awards, being selected to the 2010 ESPN The Magazine Academic All-America Women's At Large second team, as chosen by the College Sports Information Directors of America (CoSIDA).

The Bridgeville, Del., native's impressive 3.88 GPA earned her a spot on this year's second team squad. To be eligible for Academic All-America consideration, a student-athlete must be a varsity starter or key reserve, maintain a cumulative GPA of 3.30 on a scale of 4.00, have reached sophomore athletic and academic stand-

ings at his/her current institution and be nominated by his/her sports information director.

This isn't the first academic award for Correll, who was named to the Academic All-District First Team on May 20, the day before she graduated from Salisbury University with a B.S. in physical education. She was also one of 11 Sea Gull players to earn a spot on the 2009 NFHA Division III National Academic Squad.

Correll certainly ended her career on a high note, as she was one of the key players who led the Salisbury University field hockey team to the program's fifth national title back on Nov. 22, 2009. An integral part of the national championship squad's offense, Correll was selected as a third-team All-American and was named to the Eastern College Athletic Conference (ECAC) Division III Mid-Atlantic second team. She was also named to the Capital Athletic Conference first team.

In her stellar career as a Sea Gull, Correll amassed a total of 78 goals and 178 points; both totals put her second in program history.



Athletics photo

In her stellar career as a Sea Gull, Correll amassed a total of 78 goals and 178 points; both totals put her second in program history.

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www.salisbury.edu/guc/informationdesk.html

OFF-CAMPUS HOUSING INFORMATION

- The Information Desk staff maintains an Off-Campus Housing Resource List that allows students to search for housing in an easy, organized manner.
- The Information Desk also maintains a Roommates Binder for those students who have housing opportunities and are looking for roommates.

Visit the list online at www.salisbury.edu/commuters/offcampushousing/sbylandlords.html

orgs.salisbury.edu/soap

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student activities presents...

CASINO NIGHT

Thursday August 26



9:00 pm Henson Hall Lawn
Rain location: Maggs Gym



UNIVERSITY FITNESS CLUB

A health club exclusively for SU!

LifeFitness

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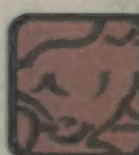
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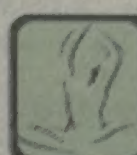

Yoga

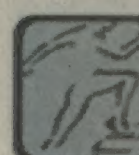
RACQUETBALL

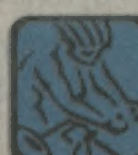
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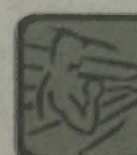
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